

CHRISTCHURCH

New Zealand
Permit No. 3285

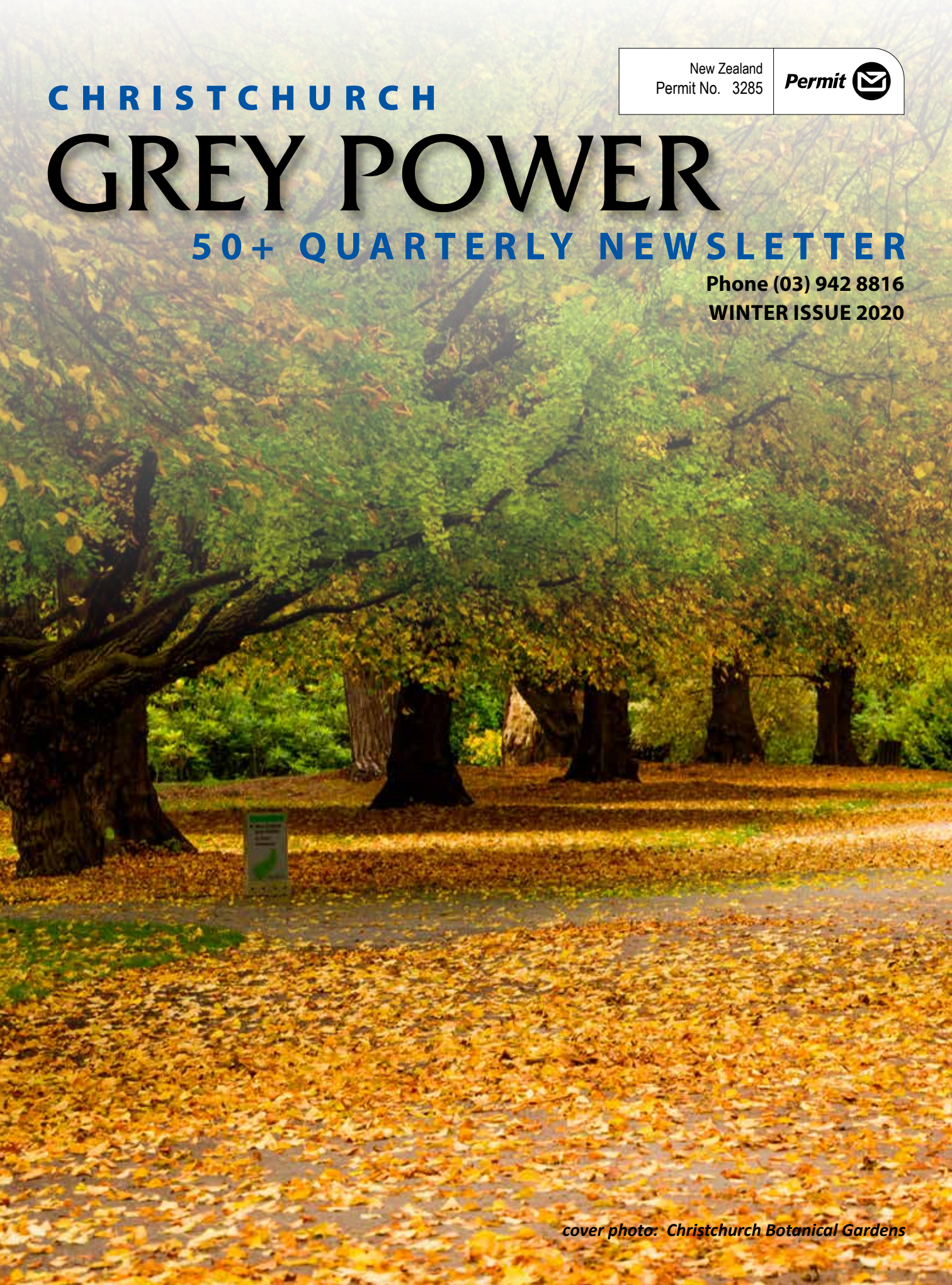


GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

WINTER ISSUE 2020



cover photo: Christchurch Botanical Gardens

GREY POWER CHRISTCHURCH
PO Box 31010, Ilam, Christchurch 8444
General Enquiries contact:
Maureen Price (03) 942 8816



COMMITTEE 2018 - 2019:
PRESIDENT: Brian Christian
Ph: (03) 338 6565 | **Email:** brianlouise@xtra.co.nz
VICE PRESIDENT: Neville Wootton
Ph: (03) 942 5453
SECRETARY/REGISTRATIONS: Maureen Price
Ph: (03) 942 8816 | **Email:** nanachooksboyz@gmail.com
TREASURER: Ann Ferrari
Ph: (03) 383 6589 | **Email:** joeannferrari@gmail.com
TELEPHONE TREE/BUS TRIPS: Tui Brown
Ph: (03) 385 3392
COMMITTEE: Brian McNicholl (03) 338 4488,
Joe Ferrari (03) 383 6589, Julie Ede 027 245 8877
MEMBERS ONLY - EMAIL COORDINATOR: Julie Shepherd
Email: justewshep@gmail.com

DISCLAIMER: The information contained in this publication is given on good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power Christchurch Inc. nor any person involved in the presentation of this publication accept any liability whatsoever for its contents including advertisements, editorials, opinions, or for any consequences or from its use.

This publication is designed and printed by Kiwi Publications Limited.
For advertising phone Dave on 027 652 5220
or email: dave@kiwipublications.nz
www.kiwipublications.co.nz
Please refer to our website for disclaimer.

Grey Power Christchurch donate each year to two charities this year they are donating to St John's and the Men's Prostrate Society.

Foot Care Service

IN YOUR OWN HOME

Single: \$40 | Couple: \$70

- Feet soaked
- Nails clipped and filed
- Callouses and corns treated
- Feet checked for any problems
- Cream applied with massage

Ana Troon
20 years' experience with the elderly

Ph: 021 231 1577

Presidents Word

Brian will not be doing a write up this month as he has been in lockup like the rest of us but he has had no computer. He hopes all members and friends are keeping safe and well and hopes our meetings will be able to start soon. You will be notified if the AGM will go ahead in June.

Hi Everyone I expect there will a considerable number of us in Lock Down. Hope you are all safe and have been lucky to have the support you needed. We have been lucky as our Daughter-in-law has done all our shopping. The highlight of the Lock Down has been to visit the Pharmacy for Flu Vaccination. We were due to go for our 3 monthly check with the Doctor, but they didn't want to see us so had a private Phone consultation. The last week I have had a short walk around our park 2 minutes away, using my walker and accompanied by Husband and dog. Must say the Dog knows something is different as he doesn't see many people from his viewing spot. He is probably wondering why Mum is home all the time. I mentioned to the Daughter-in-law that Joe always moaned I was out most days, and her reply was "he should have been careful what he wished for". Of course our Thanks go out to all Medical Staff and essential workers who have kept us safe and hopefully well. Compared to other Countries NZ has fared very well. It took a week for some people to realise what Lock Down has meant, but we have got through.

May Social was cancelled and hopefully the June A.G.M. will go ahead. Lots of Clubs have been closed so we know a few of us may be feeling stir crazy.

Take care and be safe.
Ann Ferrari | Treasurer

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less he spoke
The less he spoke the more he heard
Who of us is like this wise old bird

Grey Power loves our owl it is our official symbol and is used in all correspondence.

Hello fellow inmates that is what it has felt like in the last 7 weeks.

This is being written in the 2nd week of level 2 and this last 2 weeks have been the worst of the lot. We were given less restrictions and the wonder was do I or do I not. No stay home but I have not much left to do. We have a couple of cats but we could not take them for a walk like you can a dog. Thank goodness the weather has been reasonable and we were able to get out and do some little bits outside but then the trees started to lose their leaves so we found another little job to do pick up those leaves.

Some members have been really stressed and I have tried to keep in touch with them by phone and email if I missed you i am sorry but it was just to check to see if you were alright and if there was any help needed. It seems a lot had family support which was good to hear. We were thankful for the support we got from family members ourselves. Thank you to all those that paid up their fees in this troublesome time. Ann and myself have been quite busy doing what we can to keep things up to date.

Our meetings are suspended for the time being but we will be in touch to let you know when we are back in full swing again. Any one who has lost a loved one in this trying time please accept our condolences It is hard enough losing someone but to not be able to say a goodbye is more than I can ever imagine.Our thoughts are with you

If for any reason you are not feeling well please get in touch with your Doctor or go to the hospital AE they are still working for us you will not be turned away as some have been told.

As from the 1st May you will receive the winter payment for heating so please try and stay safe and well and if you are over 65 get that flu injection ring your Doctor or go to your chemist.

Well stay safe take care and if you can help by ringing people for the tele tree please let us know

Cheers **Maureen**

Three dogs walking along a street
"Hey look at that" says one "Why are all the humans wearing muzzles"
"Dont know" says another
"I know why" says the the third one "They must of been really naughty, or they have been eating too much"
"Never mind I always said mates every dog has it"

**Grey Power Christchurch
Superannuatants
Association Inc**
**Committee 2020 / 2021
Nomination for Office**

I Nominate
*Print name of person you have chosen here
Must be Financial member*

For Position of
*Any one of President, Secretary, Treasurer,
Membership Secretary or Committee Member
Only one nomination Per Sheet*

Signature of nominator

Membership No _____
Must be Financial Member

Signature of Seconder

Membership No _____
Must be financial Member

I Hereby accept nomination for the above Position

Signature _____

Membership No _____

**Please return to The President Grey Power
PO Box 31-010 Ilam
Christchurch 8444**
**To arrive one Week before Annual
General meeting 17 June 2020**

Relationship Changes in a Village

Retirement villages are microcosms of the wider society. Residents’ relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

In our last article we had a look at what happens when a resident couple separates or divorces. This time we'll have a look at the opposite – when a new person in a resident’s life wants to move into the village.



We noted that all residents have signed an Occupation Right Agreement (ORA) that sets out the terms and conditions of their right to live in a unit and enjoy the village’s amenities. The ORA is personal to the resident and is usually non-transferrable. So moving a new person in is not as simple as it might be in a conventional freehold property.

A typical scenario is as follows. He was 94, widowed and living in a village, she was just 74. The relationship started a year after he moved to the village and a year later she moved into his unit. The existing resident needs to decide what rights he wants his new partner to have in relation to his unit. The two principal options are:

- The new partner has no financial interest in the unit and no right to remain there after the original resident dies or terminates the ORA. In this situation, operators might use an “additional resident consent” giving the new partner the right to live in the unit for as long as the original resident continues to live in the unit, but with no financial entitlement. An additional resident consent document recording the terms that the new partner may live in the village may be required.
- The new partner becomes a party to the ORA, and,

depending on the residents' intention, may or may not have a right to receive the termination proceeds. Contractually, the surviving resident will usually be entitled to the termination proceeds, and if the residents want the termination proceeds to be paid to any specific person, this will normally be documented as between the residents.

The resident's family might want the village to add her to the existing ORA. The village could refuse this, but may offer three options to accommodate the new partner's right to live in the unit or in the village:

- Amend the ORA to record that the new partner can live in the unit but has to leave within three months should the existing resident go into care or die. The new partner would not have any financial interest in the ORA;
- Consent to the new partner living in the unit for so long as the original resident wishes the new partner to live there. In addition, the operator may offer the new partner an option, on the death of the existing resident or when the existing resident terminates his ORA, to buy either the unit or another in the village at the then market price;
- The existing resident surrenders their ORA and a new ORA is issued in the name of both the original resident and the new partner at the unit’s then market value with a new deferred management fee (DMF) to be paid (although offered at the same rate as when the original resident moved into the village rather than the new higher rate). In this case, the original unit price was \$600,000 and the current market value was \$950,000. So while this is an expensive option, the new partner gets to stay in the village without any restrictions should the original resident die or go into care.

These are just some of the approaches an operator may take. Where residents are of a similar age operators are more likely to agree that a new resident can be added to the ORA with no change to the DMF. This may be achieved by terminating the original ORA and issuing a new ORA in both residents' names, or by a variation of the ORA. As with the scenario regarding divorce, the operator will require both residents to have separate independent legal advice prior to signing of any documentation to give effect to a change.

Next time we'll look at dependent adults or grandchildren in a village.

editorial supplied by Retirement Villages Association

Mature Moves is about helping people

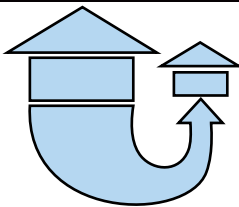
If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer. They are a Christchurch based company with local people helping older people to downsize and move, when the need arises. They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto ‘to treat you like they treat their own families’, the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.

Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress. Along with this wonderful service, they can also organise selling things you no longer require, or gifting them if you desire to family or charities. They can also clean homes inside and out, and complete the gardening to get houses ready for sale. Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration. You can call Mature Moves on 0800 777 214 to talk about your move. We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition.

Are you thinking of moving?
Could you use some help?



MATURE MOVES
With Care

OBLIGATION FREE CONSULTATIONS



We can help you

- | | |
|-------------|---------------------------------|
| ■ Downsize | ■ Setting up your new home |
| ■ Declutter | ■ Preparing your house for sale |
| ■ Pack Up | ■ Cleaning: inside & out |
| ■ Relocate | ■ Rubbish removal/gardening |
| ■ Unpack | ■ Selling & gifting items |
| ■ Storage | ■ Estate Clearance |

Phone Gary or Sharon
0800 777 214
Mobile 021 570 702

Email: info@maturemoves.co.nz
www.maturemoves.co.nz

editorial supplied by Mature Moves

Winter Wellness

by Avis Kao (pharmacy manager
& pharmacist at Countdown Pharmacy Eastgate)

Winter is here and it is time to look at ways to stay healthy during the cold winter months. In the last newsletter we discussed the difference between a cold and the flu, how to prevent and treat them, and the importance of getting the flu vaccine. In this article, let us explore other ways to help support a healthy immune system.

1. Buccaline.

Sometimes when a person comes down with a cold or flu, their immune system is weakened for a time, which increases the risk of also contracting a bacterial infection. This delays recovery and can sometimes put the person in further danger as the condition worsens. Taking Buccaline correctly can help reduce the chances of this happening.

What is Buccaline?

Buccaline is a vaccine you can take orally. It contains a few different strains of inactive bacteria. It prompts your body to create an immune response to help protect you from bacterial complications of colds. Buccaline is NOT a substitute for the flu vaccine as it does not contain inactivated viruses. It can, however, be used in conjunction with the flu vaccine to provide extra protection.

When to use Buccaline?

Normally it is recommended to start taking Buccaline before we enter the cold and flu season. For those at high risk (e.g. over 65 years old and patients with lung conditions) it is recommended to repeat the course every month to achieve maximum protection.

How to use Buccaline?

Buccaline is taken orally with a bit of water. For an adult, each course contains seven tablets which are taken over the course of three days. On the first day you take one tablet, on the second day you take two tablets, and on the third day you take four tablets.

Where can I get Buccaline?

You can purchase Buccaline from any pharmacy that stocks it in New Zealand after consultation with a pharmacist. You can also call your local pharmacy to learn more about Buccaline and see if it is suitable for you.

(Buccaline should not replace the flu vaccine for those at risk. Always read the label and use only as directed. If symptoms persist, see your healthcare professional. Your pharmacist's advice is required. Pharmabroker Sales Ltd, Auckland)

2. Preparations to help support the immune system.

There are a multitude of cold and flu preparations to help alleviate your symptoms that are available at your local pharmacy. In particular, there are also certain herbal preparations and supplements that people have found helpful in supporting their immune system when taken daily or when their immune system is under threat. Look for products that contain the following: olive leaf extract, Echinacea, vitamin C and zinc. Remember, herbal preparations and supplements can interact with certain medications you may be taking. Please consult your pharmacist first before purchasing to ensure they are suitable for you.

Products containing probiotics can also be helpful in supporting your immune system. Probiotics are live bacteria and yeast that, when taken correctly and in the right amount, can help maintain your health. There are many different strains and combinations available to help with different conditions. For example, there are some that can support gut health after a course of antibiotics, and there are some that can support throat health. Talk to your pharmacist to see which is most suitable for you.

Honey, lemon and ginger tea is also a great home remedy to help soothe a dry tickly throat. Make it with warm or hot, but not boiling water, to taste. This is also a great drink to help make sure you stay hydrated during a cold or flu.

3. Winter dryness.

Winter brings cooler temperatures, and with that low humidity and of course more frequent use of heaters. Because of this, it is unavoidable that a few people will be affected by dryness in the air. It is important during this period to keep fluids up. However even with adequate fluid intake, a few conditions can still occur that may require supportive treatment. Dry eye is a common problem which can be treated with lubricating eye drops. Lightly massaging the eye area and using a warm compress on the eyes can help improve the condition. If symptoms worsen or if there are any vision changes, it is important to seek advice from a doctor or optometrist.

Some people may also get a dermatitis condition due to dry skin called asteatotic eczema. The resulting rash on the skin may look patchy or crackly. It often occurs over an extensive area of the skin, especially on the shins. If this occurs, seek advice from your doctor or local pharmacy. Simple moisturisers can be provided to help treat this condition along with

steroid creams if necessary.

4. Winter blues.

Also known as seasonal affective disorder (SAD). Due to the shortening of daylight in winter, some people can develop a depressive mood from the end of autumn through to spring. This can lead to poor sleep quality, low energy levels, irritable mood, loss of interest in activities and poor appetite among other things. SAD is treatable and should not be ignored. Consult your doctor if you think you may be showing signs of SAD.

To help with SAD, you may be prescribed medications by your doctor as well as counselling. Light therapy is also an option; this is where you increase your exposure to sunlight or light from special lamps. Vitamin D supplements can also support healthy balance mood in certain people. Consult with your doctor or pharmacist to see if this is the right option for you.

Countdown Pharmacy is New Zealand's first supermarket pharmacy. We have pharmacies within 30 different Countdown stores across the nation and growing! Being inside a supermarket we offer convenience and easy access to our customers. Apart from prescriptions we also offer a range of pharmacy services, medical and general health advice like any other pharmacies. Each pharmacy is also equipped with a private consultation room to suit your needs. We are open seven days a week so come in and see us for your health needs.



Mark Glanville
Manager & Funeral Director

Mike Chandler
Funeral Director

Nick Allwright
Funeral Director



Social Afternoons Superannuitants' and Friends

The NATIONAL AGM which was to have taken place in July 2020 has been postponed to take place in 2021

JUNE 2020

AGM for Christchurch. If this cannot take place the committee will roll over until another date is set.
Entertainment: David Petrie

JULY 2020

Julie Holmes talking on Independent living. Ukulele group to follow.

AUGUST 2020

To be notified of speaker and entertainment.
If any of these dates are cancelled you will be notified. Hard to arrange at times like this.

Simplicity Funerals

Simply respectful. Simply affordable.

Care & Compassion

Whatever your needs, we are here to help
(03) 379 0196 | www.simplicity.co.nz

Covid-19 updates around funerals and grief resources, are available through the link on our website

Proud members of FDANZ



POLITICAL FORUM

Nicky Wagner National Party List MP views



In these challenging times, our country has come together and made sacrifices to help one another. In the past decade, we have faced challenges here in Christchurch that called for the same sense of community, so I am not surprised by this response.

For older New Zealanders, and those with underlying health conditions, COVID-19 causes a large amount of concern and fear - and we can see good reason for that when looking overseas. So I have been taking great comfort and relief in the reduction of case numbers over the past seven weeks, as you should too.

However, Christchurch has sadly seen the greatest number of deaths as a result of the infection within the Rosewood Rest Home in Linwood. My thoughts are with the families of those who have passed away and those residents who have been infected. I also feel for the staff at Rosewood during what will be a devastating and difficult time for them.

By the time this column is published, we will know whether we are changing Alert Level. Even under Level Two there will be restrictions for older New Zealanders, and we must continue to follow the directions from the Ministry of Health, whatever they may be.

There will continue to be debate around the way we

respond to the rising unemployment and business closures starting across the country, and there will be questions to ask. However, as we see our case numbers decline we must take a moment to recognise what we have all achieved these past seven weeks and be grateful for the sacrifices everyone has faced. Let's hope we can keep up the momentum!

On a final note, this is my last column for your magazine before the election. I have enjoyed the opportunity to contribute and thank you for the support, encouragement and feedback over the years.

All the best for the months ahead,

Megan Woods... Minister of Energy and Resources



I know the past several weeks have been a tremendously challenging time for many people as we have all responded to the threat of COVID-19 becoming widespread in our communities.

Sadly, there have been a number of deaths, particularly among our senior population. But we have avoided the truly terrible wave of devastation seen elsewhere in the world by acting early and taking significant measures to reduce contact among people.

As I write this, we are currently at Alert Level 3 for COVID-19, with some easing of restrictions. We need to ensure we lock in the hard-won gains from operating at Level 4 so we don't allow the virus to bounce back.

At Level 3, over-70s and other higher-risk groups are able to go back to work, to exercise and to access essential services like supermarkets and banks. We all need to keep our travel to a minimum, and it's good to use online services or have others shop for you if possible.

We have asked you to be careful about expanding your 'bubble' and to keep two metres distance from other people when you are out.

There is no question that COVID-19 has had a big impact on our economy. The Government has put in significant measures to cushion the blow for business and those whose livelihoods have been affected. One of the first measures we introduced was to double our Winter Energy Payment to ease financial pressures, especially at a time when more people may be using power as they do the right thing and stay at home.

The Winter Energy Payment is available to all superannuitants, as well as people on benefits. It runs for 22 weeks from 1 May to 1 October with couples receiving \$1400 and single people receiving \$900 over this time.

We know how important it is for people to feel they can use extra heating to keep warm during the winter months. Warm, dry, healthy homes help prevent respiratory illness, which is why we introduced the Warmer Kiwi Homes insulation and heating programme in 2018.

The move to Alert Level 3 means you can now apply for a Warmer Kiwi Homes grant for insulation and an efficient heater. The grants are available for lower-income home owners and cover two-thirds of the cost of ceiling and underfloor insulation and/or an efficient heat pump, wood burner or pellet burner. You can find out if you are eligible for a grant by visiting the EECA website or calling 0800 749 782.

Getting New Zealand in as good a position as possible to eliminate COVID-19 has only been possible through the measures we have all taken. So let's stick to all the good practices we have all been working on; washing hands, keeping to within our bubbles and staying at home as much as possible.

SPICY BRAIN FOOD



New research has shown that occasionally eating curry produces "better cognitive performance". This was a National University of Singapore study, reported in New Scientist. It seems that turmeric is the golden key here. Turmeric (*Curcuma longa*) contains an antioxidant called curcumin, which acts to prevent the buildup of amyloid plaques, which lead to degradation of the brain. Turmeric is a basic constituent of curry, so curry boosts brain power in elderly people.

Alzheimer's Curry Preparation time = 30 minutes.
Cooking time = 40 minutes. Serves 4.

- 1 tablespoon **vegetable oil**.
- 1 **onion**, halved & sliced.
- 2 **garlic** cloves, crushed.
- 2 teaspoons grated fresh **ginger**.
- 2 teaspoons ground **turmeric**.
- 2 teaspoons ground **coriander**.
- 2 teaspoons ground **cumin**.
- ½ teaspoon ground **cinnamon**.
- ½ teaspoon **cayenne pepper**.
- 400g can diced **tomatoes**.
- 1 cup **chicken stock**.
- 750g **chicken thigh fillets**, trimmed, cut into into 3cm chunks.
- 500g **kumara**, peeled & cut 3cm pieces.
- 80g baby **spinach** leaves.
- ½ cup **coconut milk**.
- Cooked basmati **rice**, to serve.

Method: Heat the vegetable oil in a large pan, and add the sliced onion. Cook over medium heat for about ten minutes, until soft and golden brown. Add the garlic, ginger, & spices, then cook, stirring for 30 seconds, then add the tomatoes and stock. Stir well, scraping the bottom of the pan.

Now stir in the chicken and kumara. Cover and bring to the boil, then reduce the heat to "low" and simmer for 30 minutes, until the kumara is soft. Take the lid off for the last 5 minutes of cooking.

Finally, add the spinach and stir through to wilt it, then stir in the coconut milk. Serve with rice.

Notes: Don't be put off by the long ingredients list: it is mostly dried spices, which are easily available at the supermarket or Food for Less. Have the garlic, ginger, and spices measured out into a small bowl so you can add them all at once to prevent them burning. You can decrease the cayenne to ¼ teaspoon if you prefer a milder curry.



May, the last month of autumn, we have usually had a frost or two by now, so frost tender planters will need some protection, if they cannot be taken in under cover then covering them with frost cloth is obvious solution. But Vapogard is another, perhaps easier choice. Spray it all over the plant and it acts like Scotchgard on fabric, it puts a protective covering over the leaf, reducing transpiration. Spray it on at the beginning of winter, it lasts for 3 months. For young plants, and frost below -3c, it's recommended to cover with frost cloth as well. Microclima gives the best frost protection. At 4 or 2 metres wide, its easy to fashion a cover suitable for the size of your plant.

May is the time to replenish the soil so it is ready for spring planting. Sow a green manure crop, then dig it into the soil before it flowers and this benefits the soil greatly. Sowing lupins or broad beans will add nitrogen as these legumes fix nitrogen from the air. Good to use if your next crop is going to be a leafy green.

Where you have had carrots and other root crops, sow mustard seed. This helps to kill root-eating nematodes that live in the soil, but also, plant your root crops in a different place each year. Oats, wheat, barley and other cereal grasses, add lots of organic matter to the soil, improving the structure and bacterial life. This improves flavour, quality and health of your vegetables. Make sure your green manure crop is dug into the ground at least 2 months before planting your spring crops so that it has time to break down and work its magic. Cover with mulch, Portstone peastraw is a great choice and available when we reopen.

Autumn is such a beautiful season, the leaves have changed colour, as you are travelling round you will be aware of the bright tones of red, orange and yellow. You will also notice the leaves that have fallen. We really are now into mid Autumn, cooler mornings and evenings but when the sun is out – there is still warmth, therefore great gardening opportunities. Autumn is the optimum time of year for planting. It's when plants make good root growth; so they're well anchored and ready to take off in spring. As well as leaves falling walnuts and hazelnuts will have hit the ground - these require collecting and drying.

Feijoas are in abundance at present – these plants are great as hedging, they are evergreen and produce gorgeous fruit. This recipe has been tested several times and it's delicious.

Feijoa, Ginger and Banana Loaf

125gm butter	1 cup sugar
1 large overripe banana	1 1/4 cups plain flour
1 tsp mixed spice	1 tsp ground ginger
1½ tsp baking powder	1 ½ cups chopped feijoas
½ cup fresh ginger, diced	

In a saucepan melt the butter, remove from heat and add the sugar and mashed banana. Beat well and add flour, spices and baking powder. Fold in the feijoas and ginger. Place mixture into a prepared tin and bake for approx. 50min until golden on top and cooked through. Leave in the tin to cool before placing on rack.

And another great offering of Portstone Garden Centre is 10% discount for Gold Card Holders. Our team are experienced and helpful, and look forward to seeing you at Portstone soon.

Happy Gardening.

Portstone, 465 Ferry Road
(under the big gum tree) | 389 4352

Covid-19, Wuhan flu - Whatever people call it, this new virus is here and we need to live with it. We don't have a natural immunity to it. We need to be careful.

We have had many people with compromised immunity or underlying conditions contact us to pre-plan their funeral as they feel that this virus will end their life prematurely. Many people will have grown up with stories of family members who died during the Spanish Flu pandemic after WW1. As Funeral Directors we have been familiar with the New Zealand Influenza Pandemic Plan for a number of years, 38,000 deaths in an eight-week period is the NZIPAP modelling, the action taken has saved tens of thousands of lives. As of the time of writing it looks like we have 'dodged a bullet', we will come out of this.

Our advice to our community – Wash Hands, Keep Your Distance, Minimise Social Gatherings. We do not need to be scared or fearful of this virus. We need to manage it until a proven vaccine can be created.

We have not been able to offer traditional funeral services at level 3 & 4, but keeping everyone safe is a priority as we understand directly what a pandemic can do. At level 2 we will be able to have safe services again.

If you are needing to plan a funeral, need funeral advice or are wanting to receive one of our free funeral planning packs, please do contact us on **0800 804 663**.



PHONE
0800 804 663

Just Funerals

Christchurch's Only Affordable Funeral Home

Proudly Family Owned and Operated

Committal Service with Cremation

Transfers within Christchurch | Preparation at our licenced Mortuary | Choice of Eco Coffin Option or Woodgrain Finished Coffin (*upgrades available*) | 1 Hour gathering at Just Funerals preferred Chapel (*including hearse transfer*) | (Catering available at an extra cost) | A hand tied bouquet of current seasonal flowers
Cremation (*Just Funerals Preferred Crematorium*) | 1 Death Certificate

now \$3950

Chapel Service with Cremation

Transfers within Christchurch | Embalming at our licenced mortuary
Choice of Eco Coffin Option or Polished Woodgrain Finished Flat Lid Coffin (*upgrades available*)
Casket Spray | Placing 1 Funeral Notice in the Christchurch Press (*15 Lines*)
Transport to Funeral Service via Hearse | 1 Hour gathering at Just Funerals preferred Chapel (*including hearse transfer*) | Celebrant or Minister Donation | 50 Colour Service Sheets | Music of your Choice | Transport to Crematorium | Cremation (*Just Funerals Preferred Crematorium*) | Registering the death with the Department of Internal Affairs | 1 Death Certificate | Returning the Ashes in person

now \$6500

Family Burial Service

Transfers within Christchurch | Embalming at our licenced mortuary | Standard Size Wood Grain MDF Flat Lid Casket | Dressing at Funeral Home | Transfer Home
1 Death Certificate

now \$3400 + plot fees

Non-Service, Simple Cremation

Non-Service, Simple Cremation | Simple Casket | Cremation | 1 Death Certificate

now \$2000

Please call for an appointment to visit with us at 3/243 Blenheim Road, Riccarton.



COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.



Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit health.govt.nz/covid-19 for more information.

New Zealand Government



For more information about Covid-19 visit <https://covid19.govt.nz/>
Take care of yourself and please reach out if you need our support.

COVID-19



Don't be scared, be prepared.

That's the Ministry of Health's advice for older people anxious about the current COVID-19 pandemic. People aged over 70, and in particular those with underlying health conditions such as respiratory issues are more vulnerable to infections, including COVID-19.

Older people need to take more precautions to protect themselves against all infections, not just COVID-19, including avoiding close contact with people who have a cold or flu-like illness.

The annual flu vaccination is free for people aged over 65 and those with certain long term conditions. While influenza vaccination does not prevent COVID-19, influenza is a serious illness that causes hundreds of deaths each winter in New Zealand, and thousands of hospital admissions and doctor's visits. Improving the population's protection against influenza will improve our ability to manage any increased demand on health services as a result of COVID-19.

It's also important that people seek help quickly if they're worried about their health. Sadly many older people are delaying going to their GP for a routine check-up or if they are feeling unwell because of concerns around COVID-19.

People needing health care should contact their GP as usual or call Healthline for advice on 0800 611 116. If it's an emergency, call an ambulance.

Here are some tips on staying well during this time.

- Wash your hands regularly for at least 20 seconds using soap and water and dry them well. This is especially important after; using the bathroom, coughing, sneezing or blowing your nose, getting home, eating or preparing food.
- Avoid touching your nose, mouth or eyes unless you have washed your hands.
- Stay away from sneezes. Two metres is a safe distance to stay from anybody sneezing. This is about the length of your couch or bed.
- Cover your cough – If you need to cough or sneeze, cover your nose and mouth with your bent elbow or a tissue (then throw it in the bin).
- If you feel at all unwell, make sure you stay at home until you feel better and try to stay in a

separate room from people you live with.

- Find the facts – lots of people are talking about COVID-19 right now. It can be confusing when lots of people are saying different things. Make sure you get your information from official sources like the Ministry of Health and the COVID-19 website. If people tell you new information, ask where they got it from – make sure it's official! Keep up to date with facts, not rumours.
- Manage your mental wellbeing. Reach out to your family and whānau, friends and workmates. Sharing how we feel and offering support to others is important. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. Tell yourself that how you are feeling is a normal reaction and will pass – it's nothing to be afraid of.
- If you feel you are not coping, it is important to talk with a health professional. Call your regular health care provider or for support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

editorial supplied by Ministry of Health



When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

Bold Bubbles

The strange journey and superpowers of soap
According to Roman legend, thousands of years ago women washing in the river Tiber used bubbly globs flowing down a mountain to clean their clothing.

Whether they knew it or not, the bubbles were inadvertently created by the temple priests on Mount Sapo. Ashes from fires combined with animal fat and river water created a bubbly substance that lifted dirt from skin and clothing

- Soap.

Humans have been using soap for at least 5,000 years, but it isn't an obvious sort of formula. Soap requires three ingredients: An alkaline (like lye), water, and fat.

The fat part is easy and lots of things work well, from olive oil to tallow, which is beef fat.

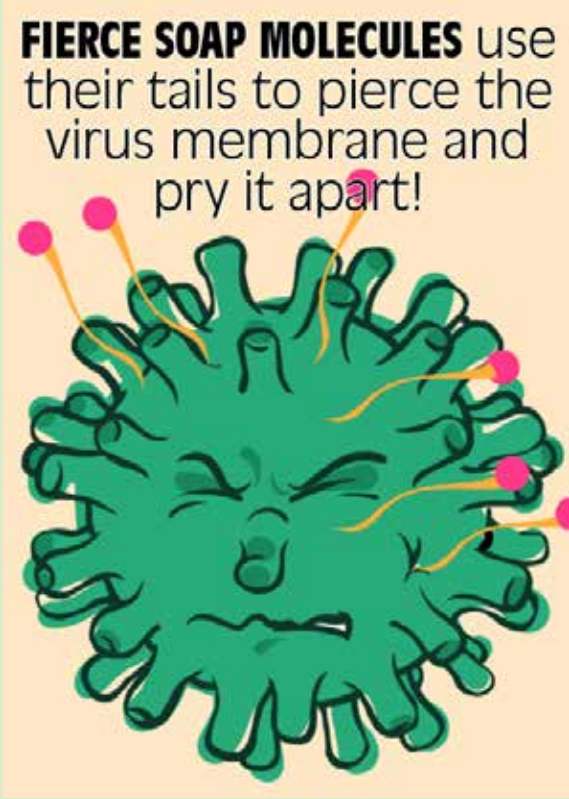
But lye is a different story. Lye has to be made with white ash from a hardwood fire. Lye makers literally had to go out to a place where hardwoods burned down to ash. They scooped up the white ashes and put them in a barrel. Then, they waited for rain, best for making lye. Buckets full of rainwater were poured into the ash barrel to soak the ash. The lye water formed at the bottom of the barrel. They then caught and stored the caustic lye water that leached out from the bottom.

Strangely, somewhere along the line someone decided to make lye and combine it with fat and more water.

Today we might think of soap as gentle, but it is actually fierce to dirt, bacteria, and viruses. Soap molecules are pin-shaped crowbars. Their

tails love fat but hate water. Their heads love water. So when soap molecules find a piece of dirt or virus, the tails pierce the fatty membrane, while the heads pull away toward the water, thus prying open the dirt or virus and destroying it. Fancy science for some glop that once rolled down a hill.

Today soap smells nice and has lots of different forms from hand soap to detergent. Yet, the recipe really hasn't changed much from the recipe used by Romans or ancient Egyptians. It's still ancient science.



ARTHUR'S Roof & Property Services EST. 1979

- Moss Kill & Proof
- Bird Proofing
- Silicone/Water Proof
- Colour Coating
- Roof Repairs (incl Butynol)
- Spouting Repair/Clean
- Spider/Fly Control

Call 7 days 03-347-2635
Senior Citizen's Discounts Available
enquiries@arthursroofandproperty.co.nz
www.arthursroofandproperty.co.nz

SECURITY

- Door Locks
- Window Locks
- Home Safes
- Car Locks
- Alarm Sales & Servicing
- Security Cameras
- Digital Locks
- Free Quotes

ROSS GALT
LOCK & ALARM LTD
Phone (03) 365 0298

WORD FIND
IMPRESSIONISTS

- BAZILLE
- BONNARD
- BOUDIN
- CAILLEBOTTE
- CASSAT
- CEZANNE
- CHASE
- CROSS
- DEGAS
- GAUGUIN
- HASSAM
- MANET
- MONET
- MORISOT
- PISSARRO
- RENOIR
- ROBINSON
- SARGENT
- SEURAT
- SISLEY
- TWACHTMAN
- WEIR
- WHISTLER



MEMBERSHIP APPLICATION / RENEWAL FORM

Name:..... Membership Number:.....

Address:

Post Code: Phone Number:

Email:.....

I/We enclose my/our subscription for the year 1/4/2020 to 31/3/2021

Single (\$20) ☐ Double (\$25) ☐ Renewal ☐ New ☐ Donation ☐

Payable by Cash ☐ or cheque ☐ to Grey Power Christchurch
or pay by Internet Banking ☐ to Westpac A/C 03-0854-0652512-00

Use Name and Membership Number or post completed Membership Form to the Membership Secretary

I am prepared to:

- Help with phoning members reminding them of meetings ☐

Send subscription to: Membership Secretary, PO Box 31010, Ilam, Christchurch 8444

Godfreys | Law

REAL FAMILIES. REAL SOLUTIONS.



For expert planning and
advice in your twilight
years.

Shona Senior
Elder Law Specialist
(03) 366 7469

As lawyers, we talk to our clients a lot about Wills. It's the one thing everyone should have, even if you don't own a lot of property or material possessions, or you have a small family.

However, even if you have a Will, you may want to consider what other documents you may need to ensure that your interests are protected.

Recently, the government created an initiative to encourage people to prepare Advance Care Plans, helping people have those difficult conversations about what care they want when they are unwell. An Advance Care Plan sets out what you want to happen in terms of your future health and end of life care should you be unable to make those decisions yourself.

- What illnesses have members of your family had, and could they happen to you?
- Do you have any health conditions you're receiving care or treatment for?
- What might your illness mean for the people who

may need to care for you, especially if you're not in a position to tell them yourself?

Your Advance Care Plan will set out answers to all these questions and more so you, your friends, family and medical team can face the future with confidence.

You can share your Advance Care Plan with your family, trusted advisors and medical professionals so they're fully informed about your treatment and care choices, what to do if you can't make decisions, the kind of hospice care you would like to receive, and instructions for after your death.

A lot of information about Advance Care Plans can be found online, and a tech savvy friend or loved one will be able to help you find the templates online, which will guide you through most of the steps yourself without the need for legal advice. However, there is one point which does cross over with our work at Godfreys Law.

We help many of our clients set up Enduring Powers of Attorney (EPA) to deal with their personal care and welfare. This is a legal document that sets out who can make decisions about your care and welfare, if you're unable to make them.

That person is usually a close friend or family member who you trust to understand and respect your wishes. That Attorney will be able to look to the Advance Care Plan for guidance on what you want to happen.

What happens if what the Attorney thinks should happen next differs from what you have in your Advance Care Plan? There's some very delicate work to be done, making sure your Advance Care Plan and Enduring Powers of Attorney link together, so everyone is cooperating in your best interests.

If you would like advice on setting up your affairs to best align with what you want, contact Shona Senior at Godfreys Law, on (03) 366 7469.

editorial supplied by Godfreys Law

21°C The Healthy Temperature

Keeping rooms you live in heated to 21°C helps prevent cold related illness

Below 12°C

there is an increased risk of having a stroke or heart attack



Below 16°C

there is an increased risk of respiratory illness

Below 9°C

there is an increased risk of hypothermia